LIVESTRONG S-series

Model no. 2010 SB LS

Manufactured by:
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CAUTION !

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

Improper assembly, maintenance or use can void the warranty terms.

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Technical specifications:
The LIVESTRONG S-Series Bike is according to EN 957 a Class S product for professional and / or commercial use. Such training equipment is intended for the use in training areas of organizations such as fitness clubs or sport associations, where access and control is specially regulated by the person who has the legal responsibility.

Foot print:	55 x 115 cm / 21.7 x 45.3 inch
Weight of bike:	51 kg / 113 lbs
Max saddle height:	115 cm / 45.3 inch
Max handlebar height:	115 cm / 45.3 inch
Max user weight:	130 kg / 287 lbs

The Bike is designed to accommodate most users from 150 to 205 cm / 59.1 to 81.7 inch body height.

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IMPORTANT PRECAUTIONS

WARNING!
To reduce the risk of serious injury, read the following important precautions and information before operating the LIVESTRONG S-Series Indoor Cycle.

1. It is the responsibility of the owner to ensure that all users of the LIVESTRONG S-Series Indoor Cycle are informed of all warnings and precautions.
2. Operate and maintain the LIVESTRONG S-Series Indoor Cycle only as described in this manual.
3. Do not operate the LIVESTRONG S-Series Indoor Cycle until it is properly assembled (see page 5-8).
4. Keep the bike indoors, away from moisture and dust. Do not place the LIVESTRONG S-Series Indoor Cycle in a garage or covered patio or near water.
5. Place the LIVESTRONG S-Series Indoor Cycle on a level surface. To protect the floor or carpet from damage, place a mat beneath the LIVESTRONG S-Series Indoor Cycle. Make sure that there is adequate room around the LIVESTRONG S-Series Indoor Cycle to mount, dismount, and operate it.
6. Regularly inspect and properly tighten all parts of the LIVESTRONG S-Series Indoor Cycle as recommended in this manual. Please replace defective parts immediately and do not use the bike until repair is performed. Only use original parts from the manufacturer.
7. Children under the age of 14 should only be allowed use of the LIVESTRONG S-Series Indoor Cycle with parental consent and guided by a specially trained instructor.
8. The LIVESTRONG S-Series Indoor Cycle should not be used by persons weighing more than 290 pounds (130 kg).
9. Always wear appropriate athletic clothes and shoes while operating the LIVESTRONG S-Series Indoor Cycle. Do not wear loose clothes that could become caught on the LIVESTRONG S-Series Indoor Cycle or shoes with loose laces.
10. Before using the LIVESTRONG S-Series Indoor Cycle, make sure that you are familiar with the operation of the Indoor Cycle (see pages 8-11).
11. The LIVESTRONG S-Series Indoor Cycle does not have an independently moving flywheel (wheel); the pedals will continue to move together with the flywheel until the flywheel stops.
12. Always regulate the flywheel resistance so that your pedalling motion is controlled (see page 11).
13. Keep your back straight while using the LIVESTRONG S-Series Indoor Cycle; do not arch your back.
14. If you feel pain or dizziness while exercising, stop immediately, rest and cool down.
15. If replacement parts are needed, use only manufacturer supplied parts.

WARNING:
Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Be aware that incorrect or extensive training may result in serious health injuries. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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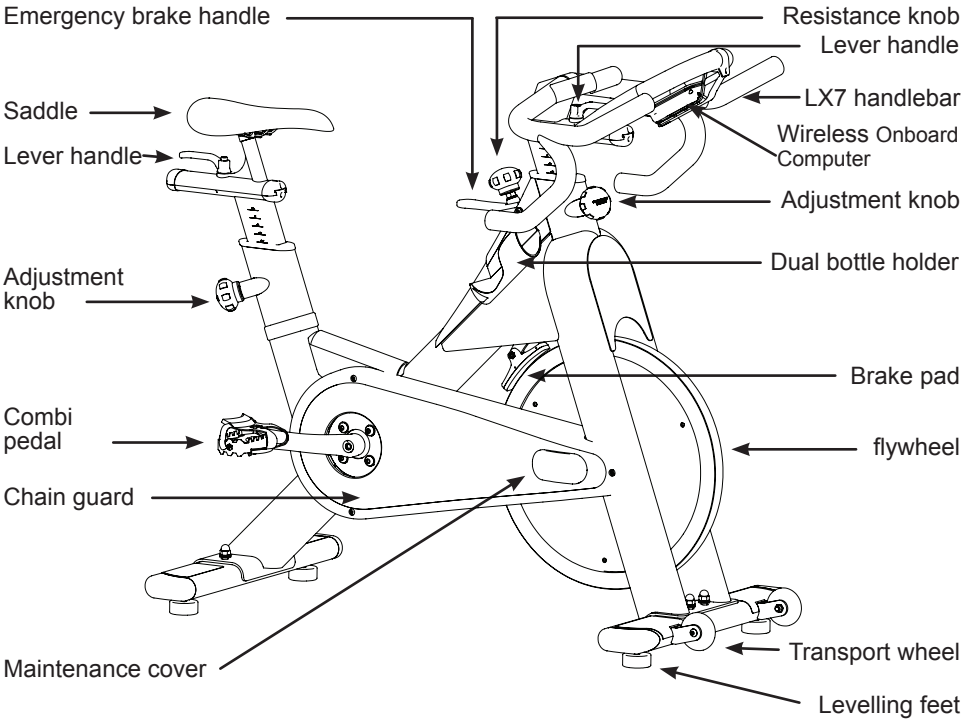
BEFORE YOU BEGIN

Dear Customer,

Congratulations for selecting the LIVESTRONG S-Series Indoor Cycle.
The LIVESTRONG S-Series Indoor Cycle offers an impressive array of features designed to enhance cardiovascular fitness, tone muscles, and develop endurance. Whether users are beginners or experienced athletes, the LIVESTRONG S-Series Indoor Cycle offers workouts that will help users to reach their individual fitness goals.

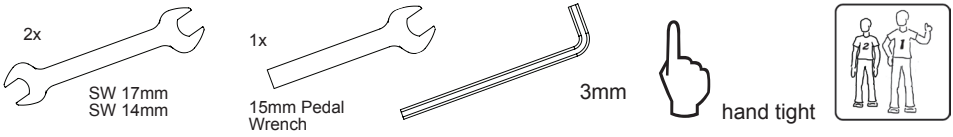
IMPORTANT: Read this manual carefully before assembling or using the LIVESTRONG S-Series Indoor Cycle.

If you have questions after reading this manual, please contact Indoorcycling Group GmbH or refer to the website www.indoorcycling.com. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



You will find the production code on the left side of the LIVESTRONG S-Series Indoor Cycles within the lower range of the frame. Please refer to these in servicing and maintenance lists.

HOW TO ASSEMBLE LIVESTRONG S-Series Indoor Cycle



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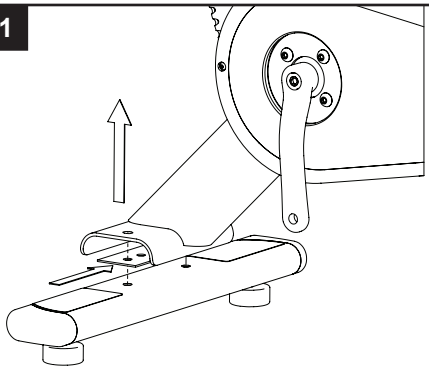
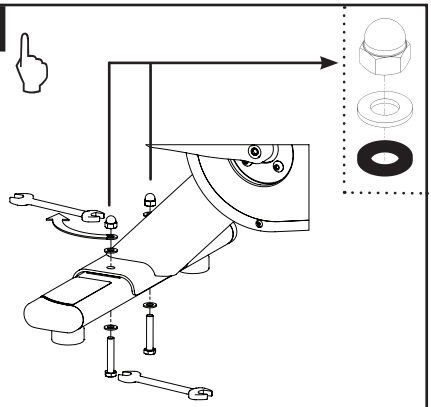


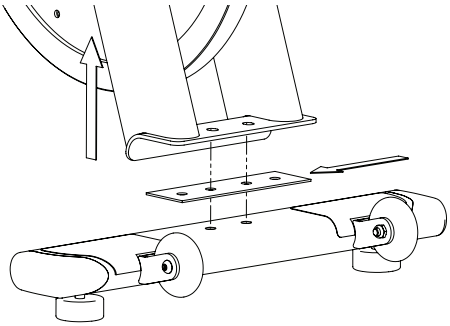
Assure that plastic gasket is placed between stabilizer and frame.

2



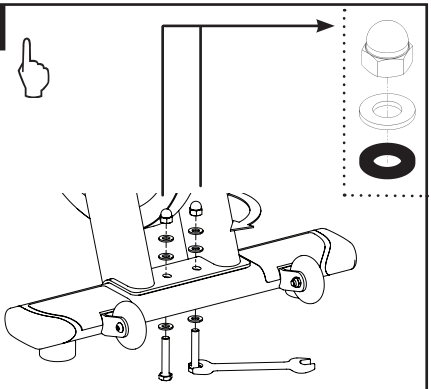
Assure that black rubber washer is placed between upper frame and bolt/washer.

3



Assure that plastic gasket is placed between stabilizer and frame.

4



Assure that black rubber washer is placed between upper frame and bolt/washer.

Please assure that nuts are tightened with significant strength to minimize loosening during use.

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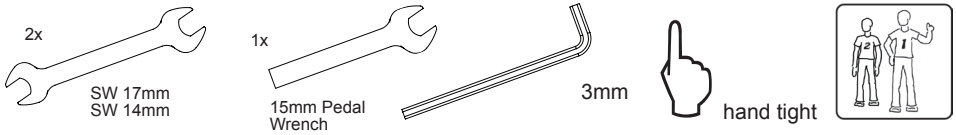
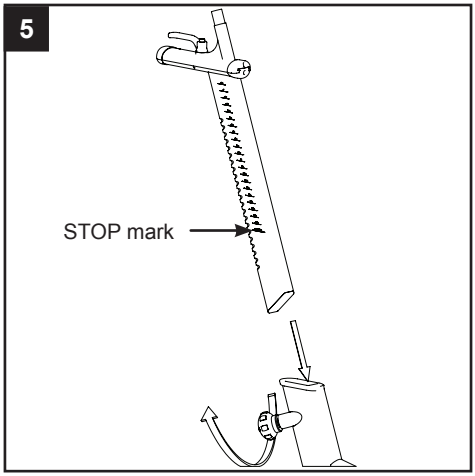
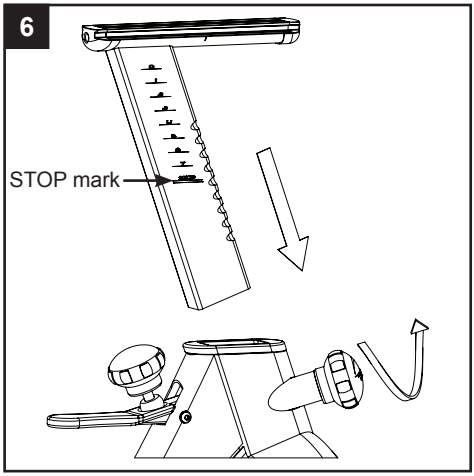
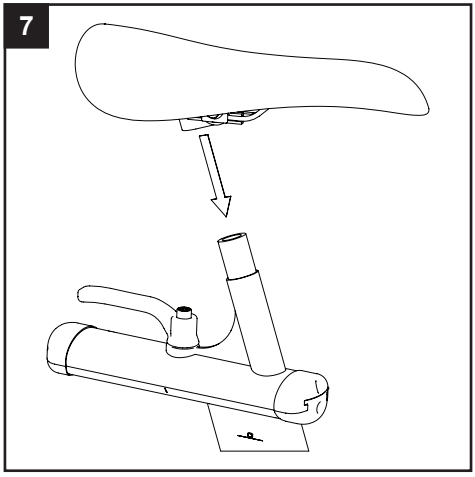
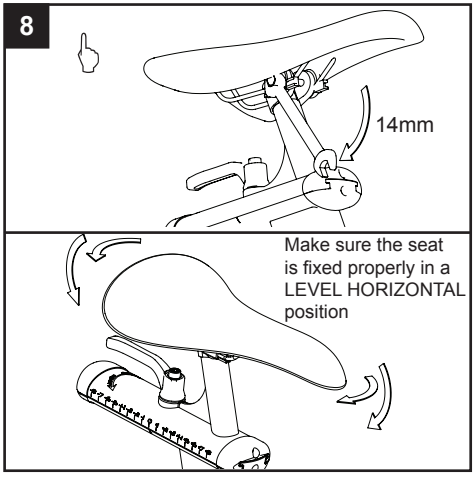
HOW TO ASSEMBLE LIVESTRONG S-Series Indoor Cycle











Seat clamp must be tightened securely to minimize loosening during use.

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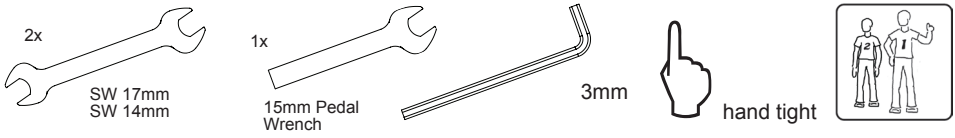
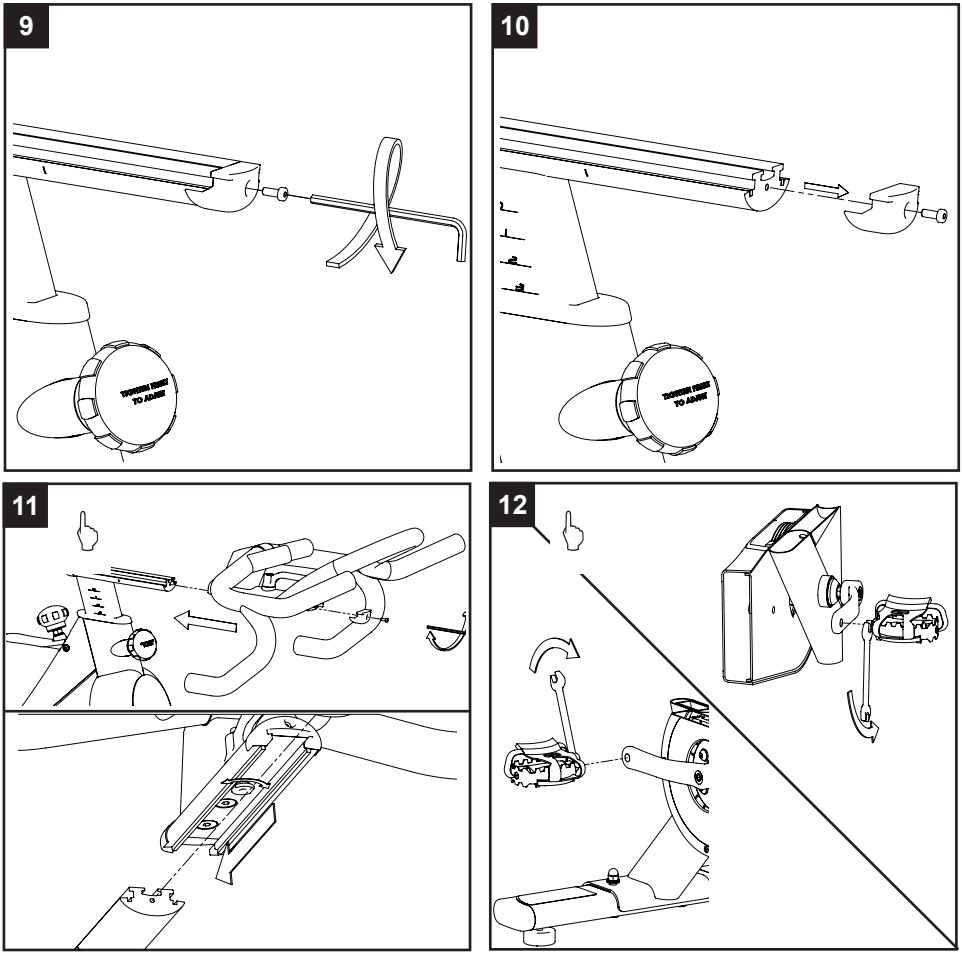
HOW TO ASSEMBLE LIVESTRONG S-Series Indoor Cycle





Pedal marked R installed on right crank (clockwise), Pedal marked L installed on left crank (counter-clockwise).

Pedals must be fastened with significant strength to avoid loosening with use of the indoor cycle.

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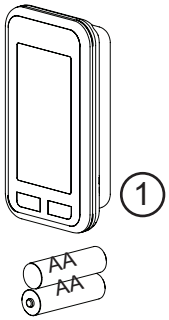
Wireless Commercial Computer - PRO 1.0
Article no. ST02 01 20
Article no. 02 01 20

PARTLIST

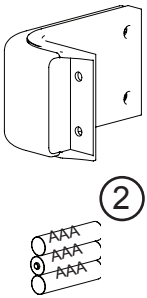
Computer console

Art.no.: 020121
Art.no.: ST 020121



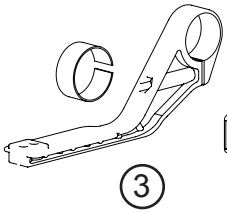
Wireless cadence transmitter

Art.no.: 020123
Art.no.: ST 020123



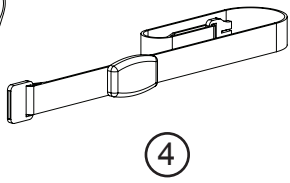
Computer mounting bracket

Art.no.: 020122
Art.no.: ST 020122



Textile heart rate chest belt

Art.no.: 020125
Art.no.: ST 020125



optional accessory

Magnet

Art.no.: 020124
Art.no.: ST 020124

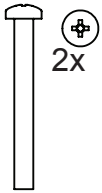
A

M4 x 10

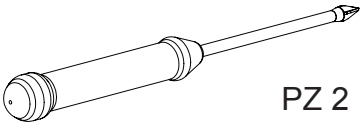
B

M5

C



M5 x 50



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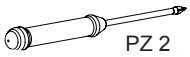
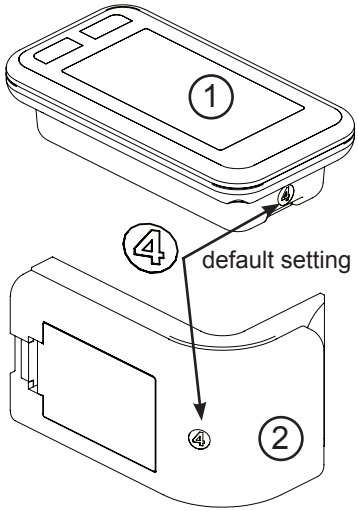
CHANNEL SETTING & BATTERIE INSTALLATION



1



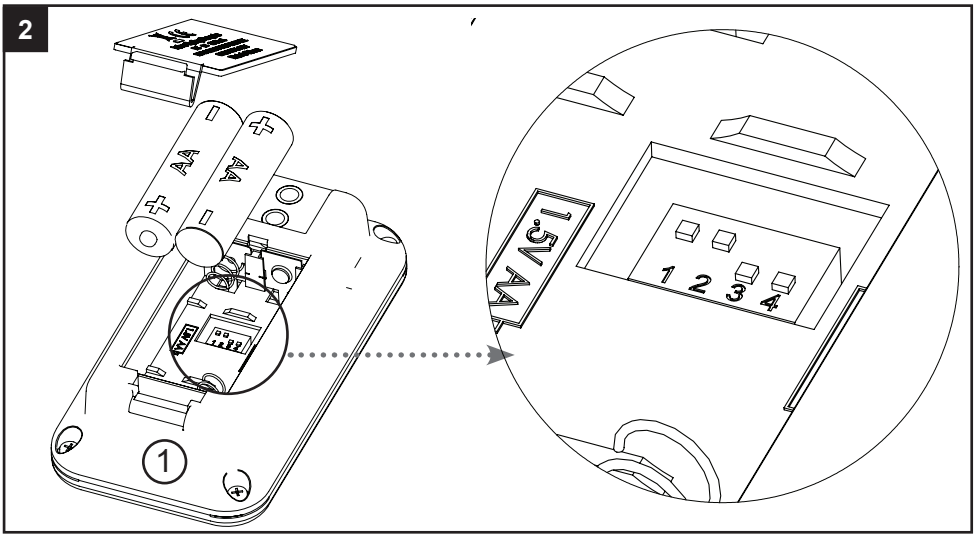
The channel transmitting the cadence signal from the transmitter to the computer console is pre set. A sticker on the housing indicates the preset channel on computer & transmitter.

The channel can manually be changed. To avoid cross reading please assure a clearance of 52`` (1,3m) between components set on identical channels or simply swap to another channel.

To assure that the digital cadence signal is synchronized, please assure that the channel setting on the computer console corresponds with the setting of the cadence transmitter on the front fork.

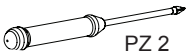
Please view picture no. 2 and 3.

2



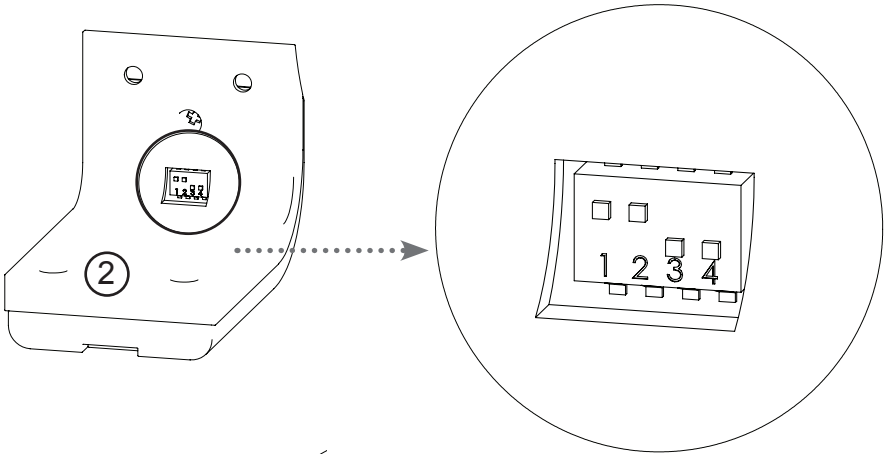
The use of rechargable Batteries may leads to male function of the computer and transmitter units due to a voltage lesser than 1,5V

CHANNEL SETTING & BATTERIE INSTALLATION

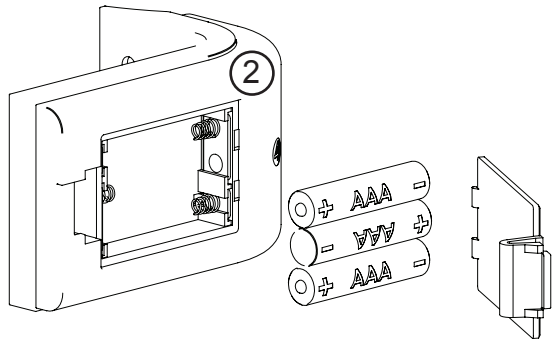


hand tight

3

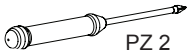


4

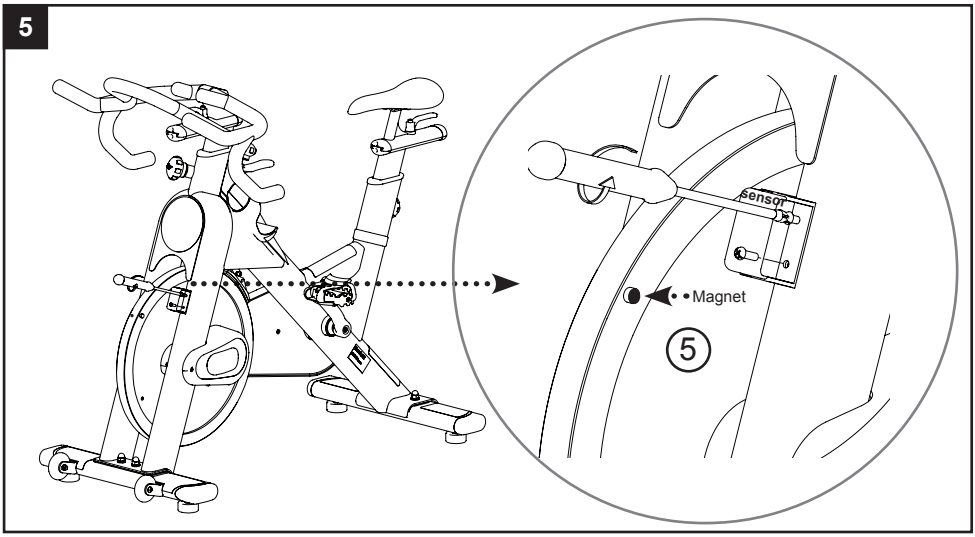


The use of rechargable Batteries may leads to male function of the computer and transmitter units due to a voltage lesser than 1,5V

TRANSMITTER & COMPUTER ASSEMBLY

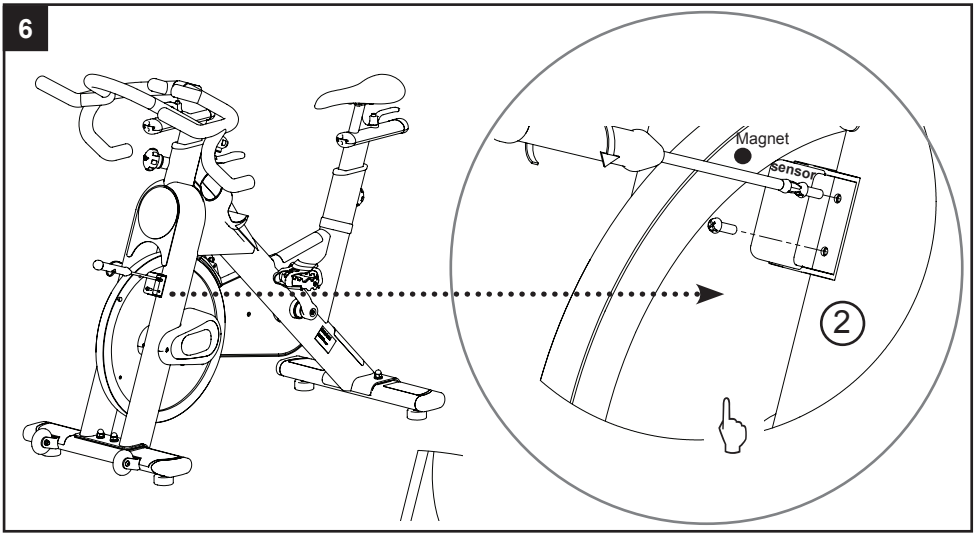


5

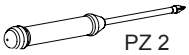


Screws are made of plastic in order to avoid rust point. Do not overtighten and strip the head.

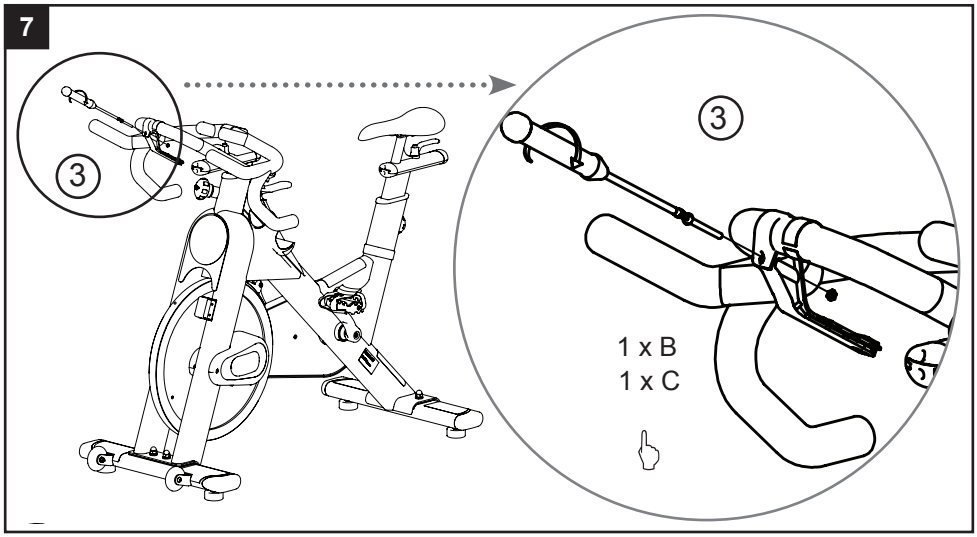
6



TRANSMITTER & COMPUTER ASSEMBLY

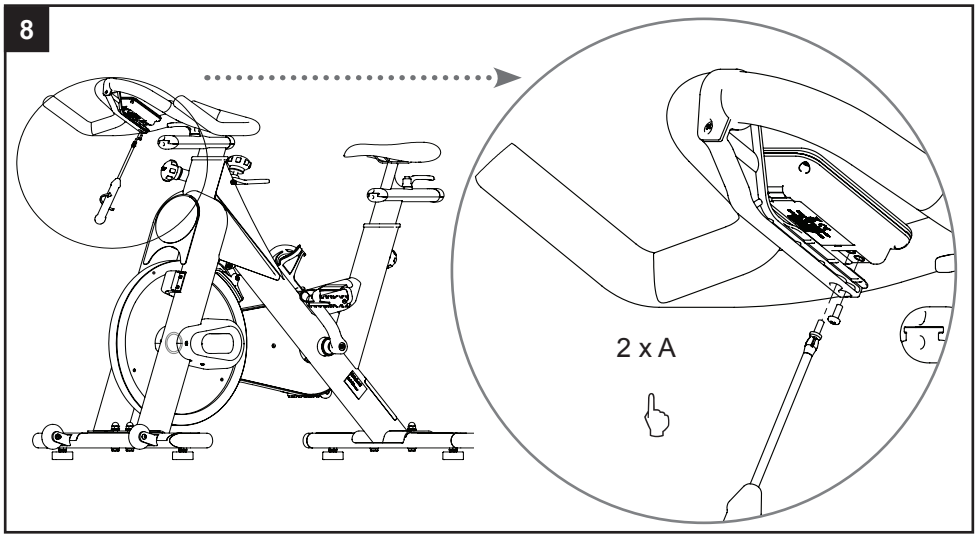


7



Please assure that protective rubber strip is used under computer bracket clamp.

8



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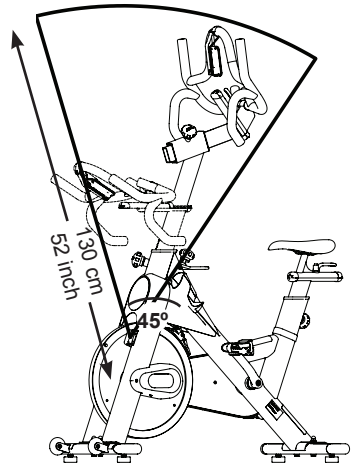
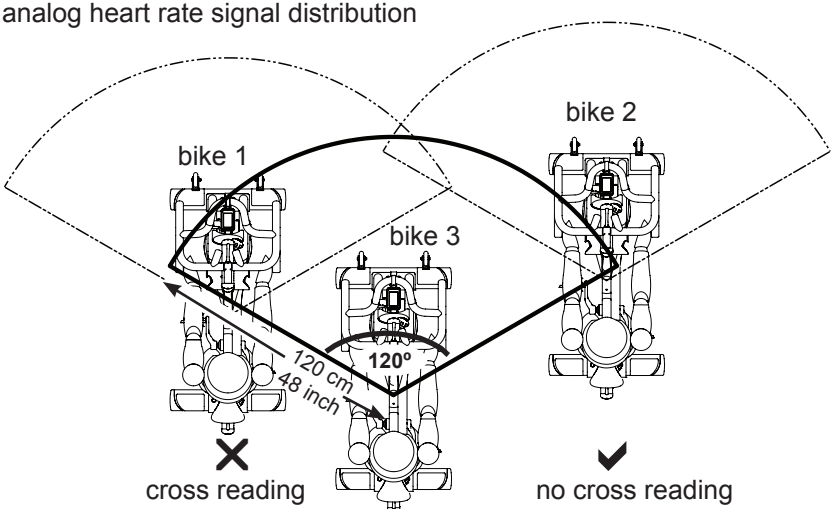
SIGNAL DISTRIBUTION

9 digital cadence signal distribution



10 analog heart rate signal distribution



TECHNICAL SPECIFICATIONS & FEATURES

Specifications

Technical Features:

- Wireless data transmission only via chest belt (16 channel digital cadence and analog heart rate 5,4khz ± 10%)
- Compatible with analog Polar ® heart rate transmission (integrated chest belt receiver)
- Display background illumination (5 seconds)
- Simple operation via “Sun“ and “Flow“ button
- Premium design
- Superior handlebar mounting bracket
- Optional setting for miles or kilometer reading

Training Features:

- Heart Rate reading (actual and average)
- Cadence / RPM reading (actual and average)
- Training Time
- Distance
- Calorie Consumption (the shown calorie consumption is based on average values and should only be used for reference purposes)
- Scan functionality for time, distance and calories

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BEFORE YOU START & HOW TO OPERATE

Before you start your training:

• Make sure the channel setting of the console is in sync with the cadence transmitter setting to allow proper cadence reading (Please refer to figure 3, Page 11 for detailed instructions)

• Turn on the computer console by pressing any of the two buttons (Sun or Flow)

• Test if the console reads and displays your HR signal transmitted from your personal HR chest belt properly

• HR Chest transmitter must be moistened prior to use in order to transmit signal.

• The blinking of the heart symbol on the computer display indicates the reception of a compatible analoge HR signal

• It may takes up to 3 seconds before the actual HR data is displayed

• Choose your desired units, miles or kilometer (Please see „How to operate“ under Miles/kilometer for how-to instructions)

How to operate:

Miles/kilometer setting:
• Press the “Sun” button for 5 sec.to enter setup mode. Change unit setting from miles to kilometer by pressing the Flow” button and confirm your choice by touching the “Sun” button again for 1 sec.

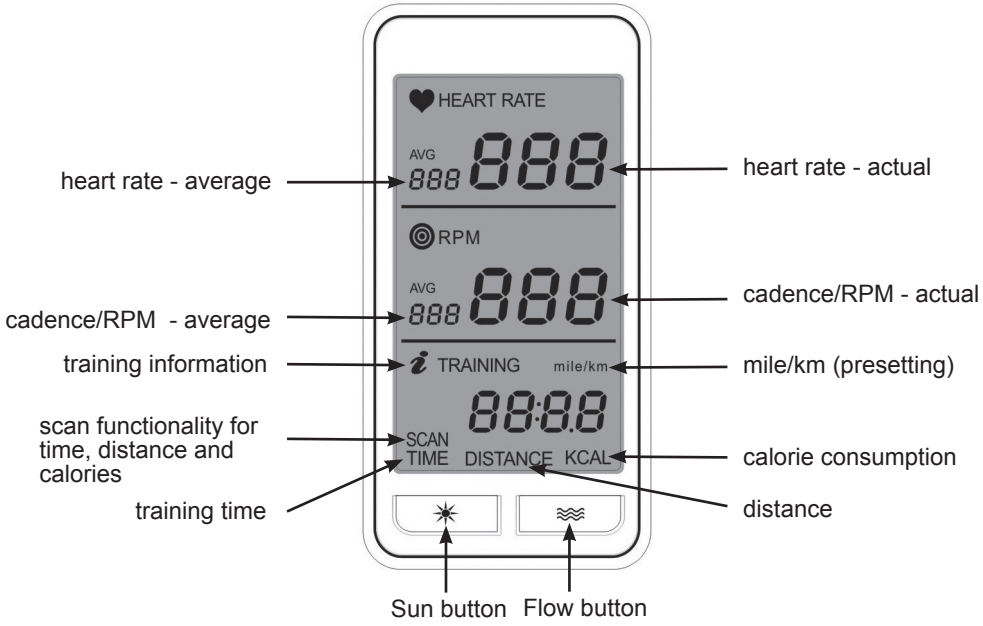
Reset user data:
• Press the “Flow” button for 3 sec to reset all currently stored user data such as time, distance and Kcal, average HR and RPM

Engage light function:
• While pressing the “Sun” button briefly during exercise, the display illuminates and automatically turns off after 5 sec.

Training info:
• Choose your desired training information displayed on the lower part of the computer LCD by operating the “Flow” button” briefly during exercise. The display will shift from Time, to Distance, to Kcal, and finally to Scan.
• If you choose the scan mode the display will alternate between Time, Distance, Kcal

BEFORE YOU START & HOW TO OPERATE

WARNING!
Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.



The batteries must not:

- come in contact with fire
- come in contact with coins or other metal objects
- be used together with older batteries
- be used with other makes or different types.

If you don´t use the equipment for a prolonged period of time, please remove the batteries to avoid any damage by leaking or corroding batteries. If batteries have discharged, remove all residue immediately and insert new batteries into the computer. If you come into contact with residue, avoid contact with eyes and wash hands thoroughly.

If possible please use rechargeable batteries to help save the environment. Before scrapping, please take the batteries out of the computer. When using rechargable Batteries, please make sure they deliver 1,5 V output.

Signed products or batteries with this symbol may not be disposed of in the normal domestic refuse. Please become informed about relevant local laws or guidelines for the disposal of electrical devices and batteries. And act accordingly.

INITIAL INSTALL CHECKS

The cycle tune-up must be performed at initial installation of the indoor cycle for optimal performance and longevity. Please read and follow all instructions below. If the indoor cycle is not installed and tuned as described, components may wear excessively and the indoor cycle may become damaged. If you have questions about the installation, please contact MATRIX Fitness Systems.
Note: Some maintenance procedures require WD-40 (refillable spray bottle recommended) or Brunox spray lubricant, and White Lithium grease.

1. Make sure that the indoor cycle is level. If the indoor cycle rocks on the floor, turn the leveling feet underneath the front and/or rear stabilizer until the rocking motion is eliminated.
2. Verify Emergency brake function to assure that emergency brake functions correctly.
3. Brake pad calibration: Turn resistance knob counterclockwise as far as possible (minimum braking effect), verify that there is a slight separation of the brake pad from flywheel. Brake pad should barely touch the flywheel when resistance knob is turned counter-clockwise as far as it can go.
4. Apply WD40 or Brunox spray lubricant to the brake pad using the lubrication holes on the plastic part or the brake pad and externally on the felt pad. Make sure brake pad is thoroughly soaked from end to end with lubricant spray. Then, wipe the excess off from the flywheel.
   * Best Practice: Use a refillable spray bottle filled with non-aerosol WD-40 purchased by the gallon (3.7 L) at the local hardware store.
5. Apply Lithium grease to the threads on the lower end of the brake rod. First, turn the Resistance knob clockwise until it stops. Apply a small amount of white lithium grease to the threads on the brake rod above the two lock nuts. Then, turn the resistance knob counter-clockwise until it stops.
6. Apply Lithium grease on the metal threads of all the adjustment knobs.
7. Verify four (4) Allen nuts on RS pulley for tightness. If loose, apply LocTite Threadlocker Blue-242 and retighten.
8. Verify R and L crank arm Allen bolts for tightness. If loose, apply LocTite Threadlocker Blue-242 and retighten.
9. Verify belt tension. Check if belt drive is firmly tightened and does not slip while riding under resistance load. In case that the belt slips, proceed using the adjustment technique as described on page (28). Please note that a belt drive gear never shows slack. In case of adjustment do not apply too much tension.
10. Wipe down bike frame with rag moistened with WD-40
11. Some parts of the indoor cycle may become loose during shipment. Check crank arms, check all exposed screws, bolts, and nuts, and make sure that they are properly tightened.
12. (S Series in the U.S.A. only) Verify that computer is reset for Miles vs. Kilometers and RPM measurement is working properly. Please see computer manual for instructions on installation of computer.

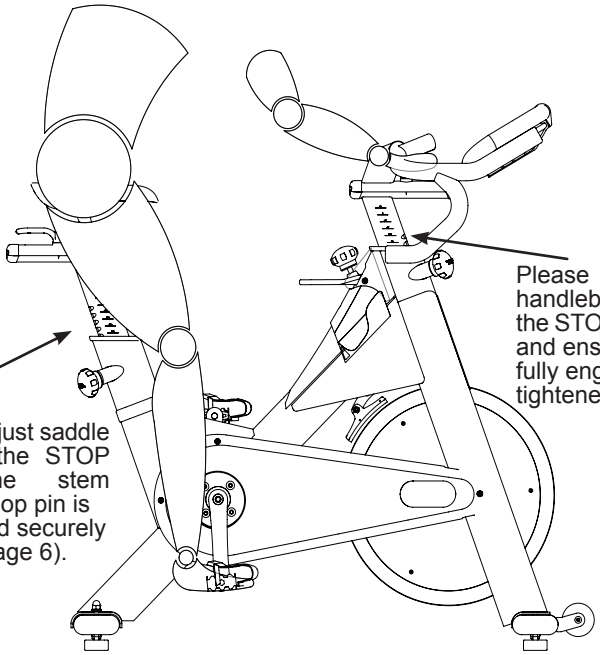
Customer Service

1. Provide basic maintenance instructions to client and direct them to detailed maintenance instructions starting at page 24.
2. Sign-off sheet provided to client to confirm explanation of maintenance procedures/manual and verification of condition of bikes

HOW TO ADJUST THE TOMAHAWK S-Series Indoor Cycle

The LIVESTRONG S-Series Indoor Cycle can be adjusted for maximum comfort and exercise effectiveness. The instructions below describe one approach to adjusting the LIVESTRONG S-Series Indoor Cycle to ensure optimal user comfort and ideal body positioning; you may choose to adjust the LIVESTRONG S-Series Indoor Cycle differently.

Pedal strap adjustment:
Sit on the saddle and position your feet on the pedals, with the balls of your feet directly above the spindles of the pedals (see the drawing below). Adjust the pedal straps so the toe clips (cages) are snug but not too tight. Note: In the case of a bike being fitted with combi-pedals, the pedals feature toe clips on one surface and SPD cleats on the opposite surface. If desired, use the SPD cleats with cycling shoes instead of the toe clips.



Please do not adjust saddle height beyond the STOP mark on the stem and ensure the pop pin is fully engaged and securely tightened (see page 6).

Please do not adjust handlebar height beyond the STOP mark on the stem and ensure the pop pin is fully engaged and securely tightened (see page 6).

Please avoid overtightening the pop pin adjustment knob as this may cause damages to the vertical aluminum stems.

Saddle height adjustment:

Sit on the saddle and slowly pedal until the right pedal is in the lowest position. Your knees should be slightly bent without a dropping of the hips.

To avoid hyper extending your knees, make sure that your legs are not completely straight.

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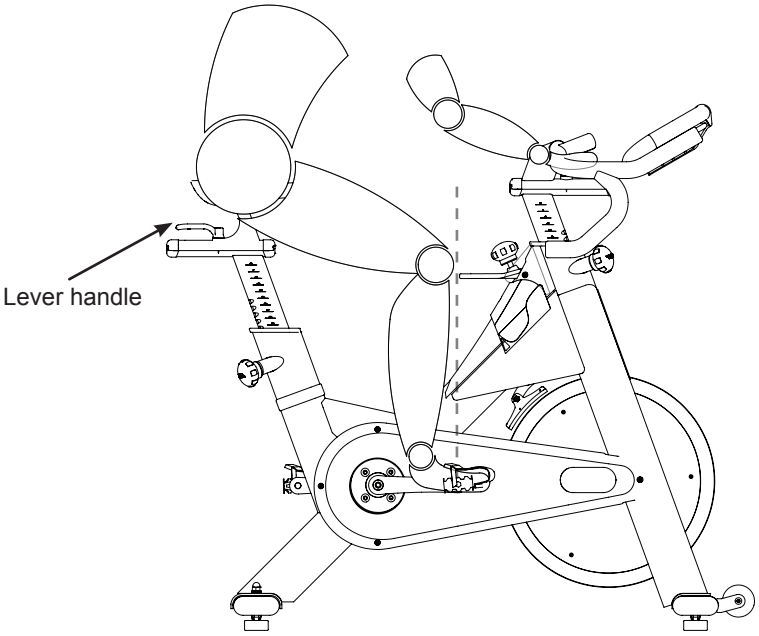
HOW TO ADJUST THE LIVESTRONG S-Series Indoor Cycle

Saddle horizontal adjustment:
Proper horizontal adjustment of the saddle is very important in avoiding injury to the knees. Sit on the saddle and move the pedals until the crank arms are in horizontal position.

Using your forward most leg as a marker, your kneecap should be directly above the center of the pedal so that a straight line is created between knee and center of the pedal (see the dotted line in image below). To adjust the horizontal position of the saddle, first dismount the LIVESTRONG S-Series Indoor Cycle. Next, loosen the rear lever handle, slide the saddle forward or backward as required, and then retighten the lever handle.



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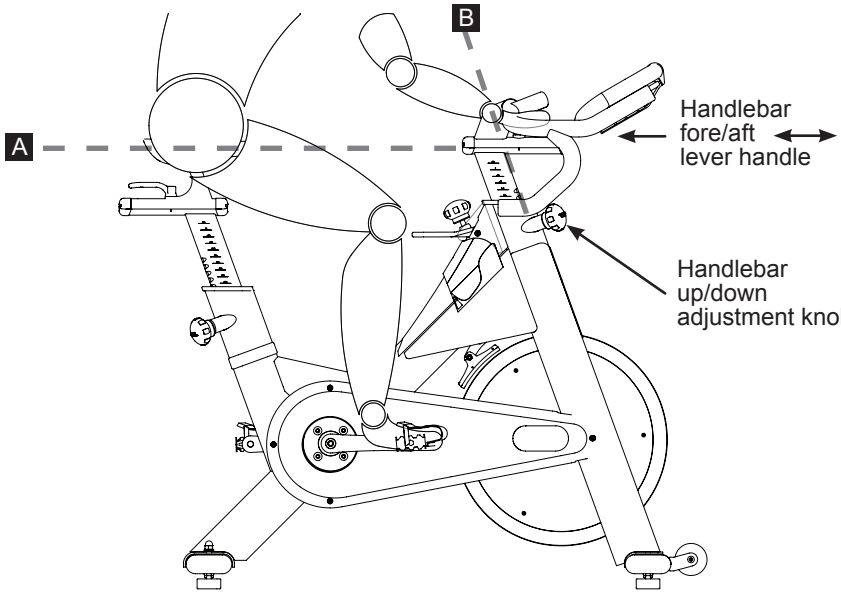
HOW TO ADJUST THE LIVESTRONG S-Series Indoor Cycle

Handlebar adjustment:
Begin with the top of the handlebar at relatively the same height or just slightly higher than the top of the saddle **(dotted horizontal line A in the drawing below)** and at a neutral fore/aft position **(see dotted vertical line B in drawing below)**. If your knees touch the handlebars or if you experience back discomfort while pedalling for extended periods of time, the height of the handlebars can be adjusted. First, dismount the LIVESTRONG S-Series Indoor Cycle.
Next, turn the front adjustment knob counter clockwise, slide the handlebar post up or down, and then retighten the adjustment knob.



Next, the horizontal position of the handlebar should be adjusted. If the handlebar is too close to the saddle, your breathing may feel restricted; if the handlebar is too far from the saddle, you may experience back discomfort. To adjust the horizontal position of the handlebar, first dismount the LIVESTRONG S-Series Indoor Cycle. Check for proper handlebar position by positioning your elbow so that it is touching the front tip of the saddle at a 90 degree angle and checking that the fingertip of your middle finger is touching the handlebar at the mid-point. If it is not as described then loosen the fore/aft lever handle and slide the handlebar forward or backward until your middle finger is touching the handlebar at the mid-point, and then retighten the lever handle.

The handlebar offers a wide variety of hand positions for personal preferences. Changing your hand position can change the angle of your back, neck, and arms. To minimize the stress on your muscles during your workouts, change your hand position frequently.

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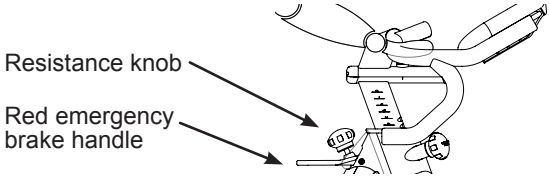
HOW TO OPERATE THE LIVESTRONG S-Series Indoor Cycle

Resistance adjustment:
The preferred level of difficulty in pedalling (resistance) can be regulated in fine increments by use of the resistance knob. To increase the resistance, turn the resistance knob clockwise. To decrease the resistance, turn the knob counter clockwise.

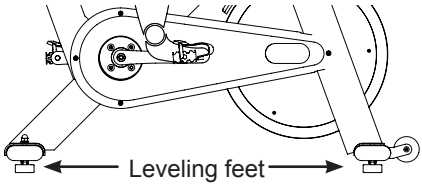
IMPORTANT: To stop the flywheel (wheel) while pedalling, pull up the red emergency handle. The flywheel should quickly come to a complete stop. Please make sure your shoes are fixed into the toe clip or in case cycling shoes are used your shoe cleat is connected to the pedal binding while riding.

! The LIVESTRONG S-Series Indoor Cycle does not have a free moving flywheel (wheel); the pedals will continue to move together with the flywheel until the flywheel stops. Reducing speed in a controlled manner is required. To stop the flywheel immediately, pull up the red emergency break handle. Always pedal in a controlled manner and adjust your desired cadence according to your own abilities. Pull the red emergency handle up = emergency stop !



How to move the LIVESTRONG S-Series Indoor Cycle:
Due to the weight of the LIVESTRONG S-Series Indoor Cycle, it is recommended that two persons move it. While one person lifts the back of the LIVESTRONG S-Series Indoor Cycle, the second person firmly holds the handlebarand tips the LIVESTRONG S-Series Indoor Cycle forward until it rolls on the wheels. Carefully move the Indoor Studio Cycle to the desired location and then lower it.
CAUTION: To reduce the risk of injury, use extreme caution while moving the Indoor Studio Cycle. Do not attempt to move it over uneven surfaces and make sure a safety space of min 20 inch to the nearest equipment is redeemed.

If the LIVESTRONG S-Series Indoor Cycle rocks on the floor after being set down, turn the levelling feet (see diagram) underneath the front or rear stabilizer until the rocking motion is eliminated. **Important**: Please do not unscrew the levelling feet more than ½ inch!



PREVENTATIVE MAINTENANCE

Regular maintenance must be performed on the LIVESTRONG S-Series Indoor Cycle for optimal performance and longevity. Please read and follow all instructions below. If the indoor cycle is not maintained as described, components may wear excessively and the LIVESTRONG S-Series Indoor Cycle may become damaged. Improper maintenance will void the warranty terms. If you have questions about maintenance, contact your local distributor or refer to www.indoorcycling.com

Note: Many maintenance procedures require lubricant spray.
Manufacturer recommends WD40, Brunox or any other solvent free lubricant.

Daily maintenance:

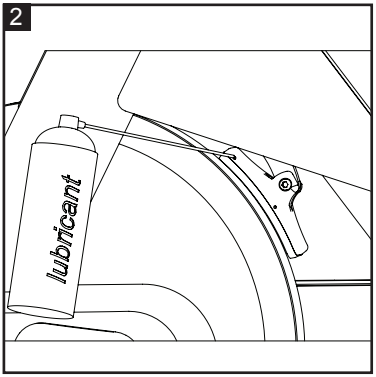
1. Make sure that the LIVESTRONG S-Series Indoor Cycle is level. If the LIVESTRONG S-Series Indoor Cycle rocks on your floor, turn the levelling feet underneath the front or rear stabilizer until the rocking motion is eliminated (see „How to move the LIVESTRONG S-Series Indoor Cycle“ on page 23).

2. After each user finishes exercising, the LIVESTRONG S-Series Indoor Cycle should be disinfected and cleaned to maintain a hygienic environment. First, apply a disinfectant spray to the handlebars and the saddle. Using a lint-free cloth, dry the handlebars and the saddle. Next, apply a small amount of disinfectant to a lint-free cloth and clean the adjustment knobs and the lock handles. Avoid using strong detergents on the LIVESTRONG S-Series s Indoor Cycle frame.

Weekly maintenance:

1. Apply a small amount of the lubrication spray to a lint-free cloth, and thoroughly clean the frame, the handlebar slider and seat sliders the flywheel and the plastic parts of the LIVESTRONG S-Series Indoor Cycle.

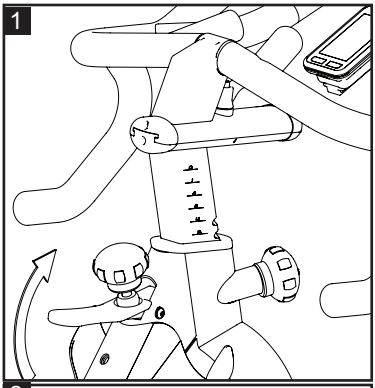
2. For optimal performance of the resistance system, and to minimize wear on the brake pad, the WD40 or Brunox lubricant spray should be applied to the brake pad using the lubrication holes on the plastic part of the brake pad or preferably directly on the brake pad. If fuzz or lint appears on the brake pad, the brake pad has become too dry: lubricant spray should be applied more frequently. Make sure brake pad is thoroughly soaked from end to end with lubricant spray. Then, wipe the excess off.



PREVENTATIVE MAINTENANCE

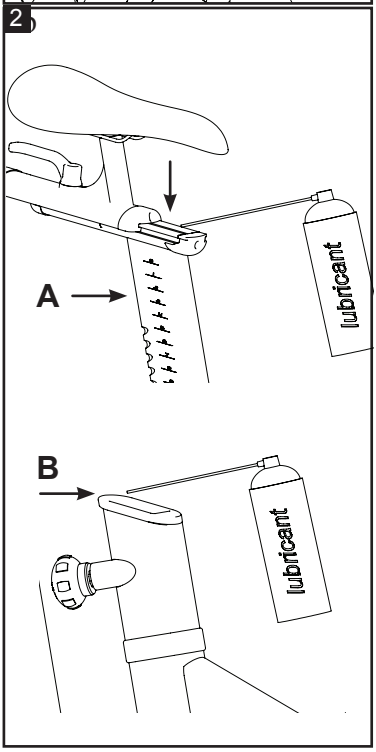
Bi-weekly maintenance:

1. The LIVESTRONG S-Series Indoor Cycle should not be used if the emergency brake system is not working properly. While sitting on the saddle and pedalling, test the brake by pulling the emergency brake handle upward. The flywheel should come to a quick and complete stop.



2. To maintain the easy adjustability of the saddle post, the saddle post should be cleaned and lubricated. Turn the rear adjustment knob counter clockwise and slide the saddle post out of the frame. Apply a small amount of lubricant spray to a lint-free cloth, and clean the saddle post **(A)**. Next, apply a small amount of WD40 or Brunox lubricant spray inside of the rear frame sleeve. Then, reinsert the saddle post into the frame and adjust it to the desired height.

Next, loosen the rear lock handle and slide the saddle carriage as far backward as possible. Apply a small amount of WD40 or Brunox lubricant spray to a lint-free cloth, and clean the top of the saddle slide **(B)**.Then, slide the saddle carriage as far forward as possible and clean the top of the saddle slide. Finally, adjust the saddle to the desired position.



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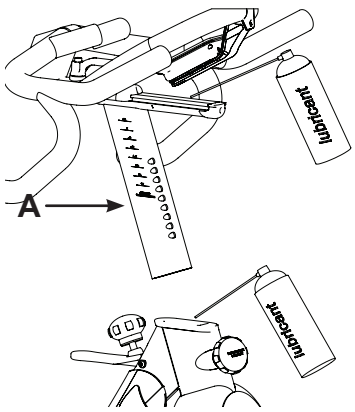
PREVENTATIVE MAINTENANCE

3. To maintain the easy adjustability of the handlebar post, the handlebar post should be cleaned and lubricated. First, turn the front adjustment knob counter clockwise and slide the handlebar post out of the frame. Apply a small amount of lubricant spray to a lint-free cloth, and clean the handlebar post **(A)**. Next, apply a small amount of WD40 or Brunox lubricant spray inside of the front frame sleeve.

Then, reinsert the handlebar post into the frame and adjust it to the desired height. Next, loosen the front lock handle and slide the handlebar carriage as far backward as possible. Apply a small amount of lubricant spray to a lint-free cloth, and clean the surface of the handlebar slide. Then, slide the handlebar carriage as far forward as possible and clean the top of the handlebar slide. Finally, adjust the handlebar to the desired position.

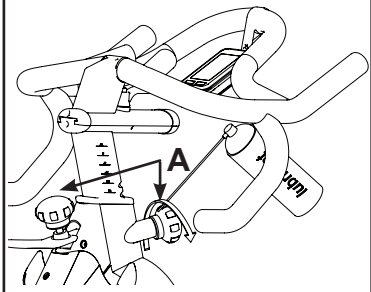
3



Monthly maintenance:

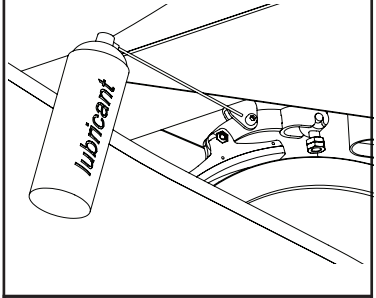
1. To maintain the smooth function of the adjustment knobs controlling the handlebar and saddle, the metal threads **(A)** on the adjustment knobs must be lubricated. Use of white lithium grease is recommended.

1



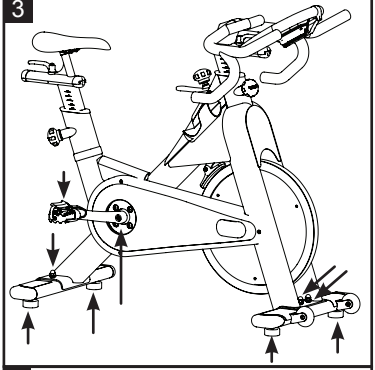
2. To maintain the easy adjustability of the resistance system, the threads on the lower end of the brake rod should be lubricated. First, turn the resistance knob clockwise until it stops. Next, look under the right or left side of the frame and locate the brake rod, which has two lock nuts on its lower end. Apply a small amount of synthetic grease (white lithium grease) to the threads on the brake rod above the two lock nuts. Then, turn the resistance knob counter-clockwise until it stops.

2



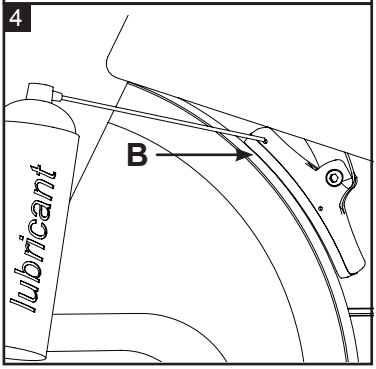
3. Some parts of the LIVESTRONG S-Series Indoor Cycle may become loose as a result of repeated use. Check pedals, toe clips, and pedal straps, and make sure that they are properly tightened. Next, check all exposed screws, bolts, and nuts, and make sure
that they are properly tightened. Finally, check the saddle to make sure that it is not loose or damaged. Please use Locktite on loose crank arm and pulley screws.

3



4. The brake pad will become worn as a result of repeated use. The LIVESTRONG S-Series Indoor Cycle should not be used if the emergency brake system is not working properly (see page 23)! Should you feel that the resistance system's functions are deficient, it is essential to fine-tune the resistance system before the bike is used again! Please check the setting of the brake system as follows: First turn the resistance regulator on the brake system as far as it will go to the left (minimum braking effect). If the setting is correct, the brake pads should be flush with the flywheel and barely touching so that it's possible to cycle with a hardly noticeable amount of resistance. The brake pad can be adjusted using a 10 mm wrench. Next, check the brake pad for signs of wear. If the brake pad does show signs of excessive wear, thoroughly soak the brake pad with lubricant spray using the 2 lubrication holes **(B)**, and then wipe the excess off.

4



PREVENTATIVE MAINTENANCE

4. Belt drive

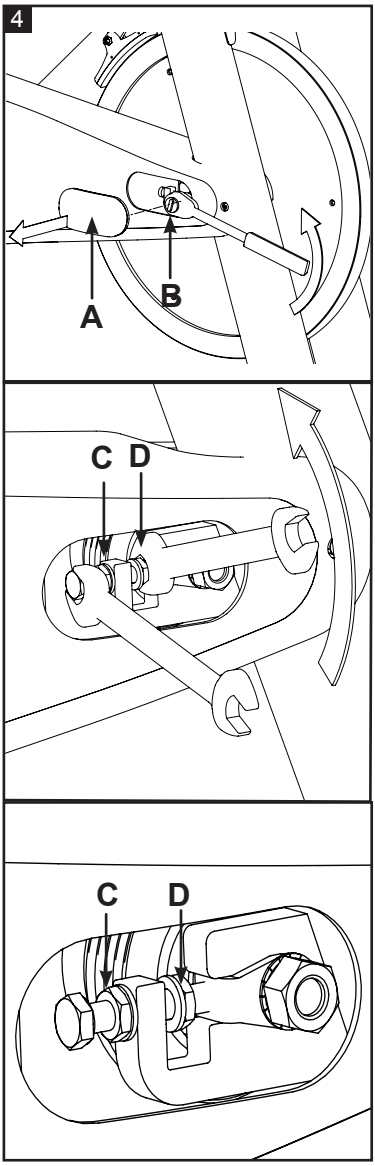
Important: A loose belt as well as an overtightened belt may cause injury of the rider or damage to the drive system. **Checking belt tension:** To check for a loose belt, sit on the saddle, place your feet on the pedals, move the pedals until the crank arms are horizontal. Next, pull up the emergency brake handle and hold it. Then, stand on the pedals and rock forward and backward. There should be **no** play or slip in the drive train. If there is slip or play in the drive train, this indicates that the belt is too loose.
Correct a slipping belt drive train: To adjust the belt, pull off the right and the left maintenance covers **(A)**. Loosen the axle nut **(B)** on both ends of the flywheel axle by two full turns. Loosen the inner adjustment nut **(D)** facing the flywheel axle on each side of the flywheel. Next, losen the lock nut **(C)**.

Then, turn both (right and left sides) of the inner adjustment nuts **(D)** on the intside of the flywheel bracket ¼ of a turn at a time (upward on the R side and downward on L side) until the belt is properly adjusted. Make sure to turn both adjustment nuts exactly the same amount to avoid misalignment of the flywheel. Re-check if the amount of play or slip in the drive train has disappeared.

Finally, retighten the two outer lock nuts **(C)** to secure the new adjustment and retigthen the two axle nuts **(B)**. At last reattach the maintenance covers **(A).**

Check if **belt drive** is firmly tighten and does not slip while riding under resistance load. In case that the belt slips, proceed using the same technique as described above. Please note that a belt drive gear never shows slack. In case of adjustment do not apply too much tension.

The manufacturer recommends using an ultrasonic voltage meter adhering to a natural frequency of the belt of 3200 Hz ± 150Hz. Ball bearing damage due to incorrect belt tension is excluded from warranty.



Graphics are the right side of the Bike (riding position)

MAINTENANCE ACTIVITY AND REQUIRED SCHEDULE

Activity	Rotation	Details found on
Feet levelling, disinfection and cleaning of the bike	daily	page 23
Servicing brake pads, detailed cleaning of the entire bike	weekly	page 24
Check emergency brake function	bi-weekly	page 25
Clean and lubricate saddle and handlebar sliders / posts	bi-weekly	page 25-26
Check adjustment knobs	monthly	page 26
Check brake pad for signs of wear	monthly	page 27
Check brake system, lubricate	monthly	page 27
Check pedals, toe clip and straps for signs of wear	monthly	page 27
Check all connections and fixings if they are secure and correctly tightened	monthly	page 27
Check belt drive train	monthly	page 28

Examples of maintenance Plan charts for in house service technicians:

Weekly maintenance Checklist					
Bike No.	Production code	Observations	Action taken	Result	Name / date

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MAINTENANCE ACTIVITY AND REQUIRED SCHEDULE

Bi-Weekly maintenance Checklist					
Bike No.	Production code	Observations	Action Taken	Result	Name / date

Monthly maintenance Checklist					
Bike No.	Production code	Observations	Action Taken	Result	Name / date

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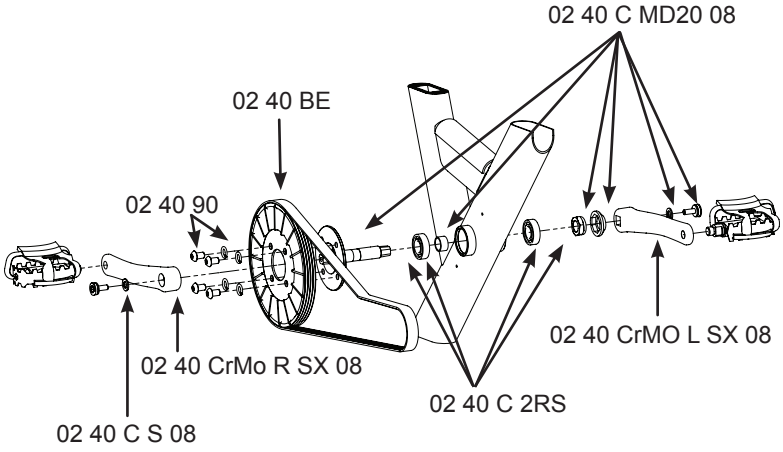
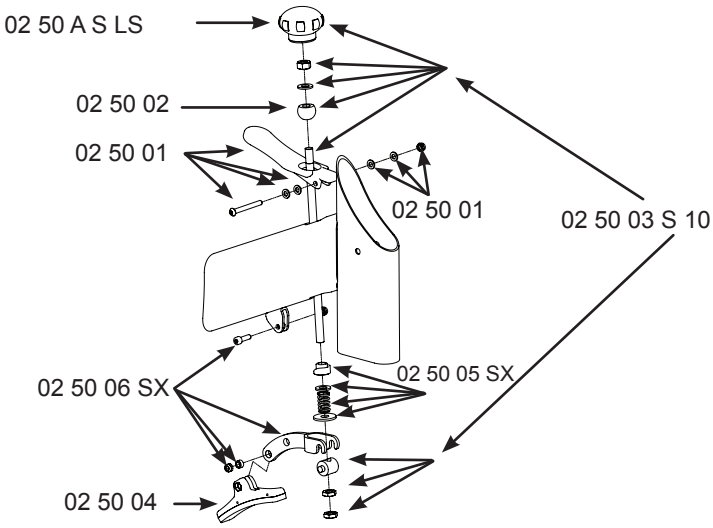
SPARE PARTS

Drive Gear Parts



Brake Parts



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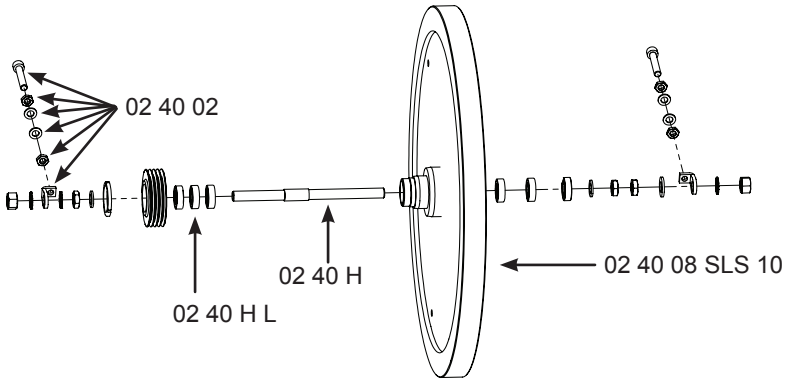
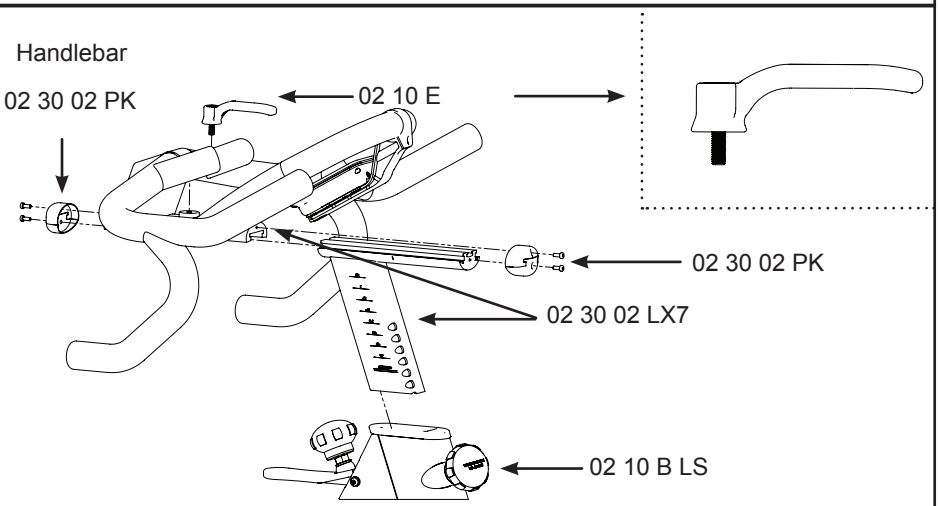
SPARE PARTS

Flywheel

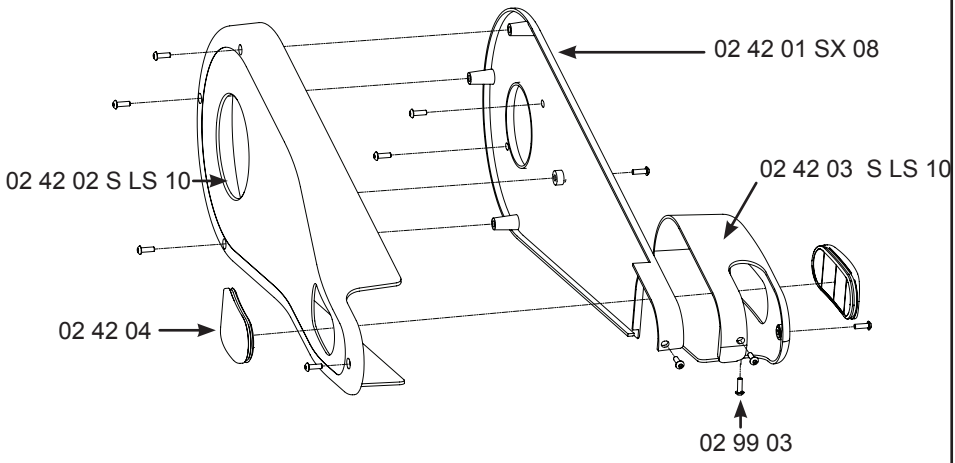


Handlebar

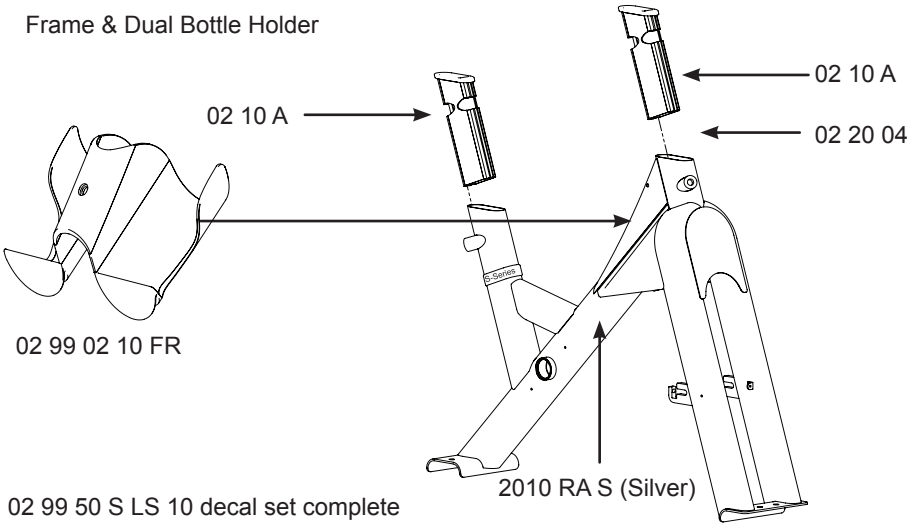


SPARE PARTS

Chain Guard



Frame & Dual Bottle Holder



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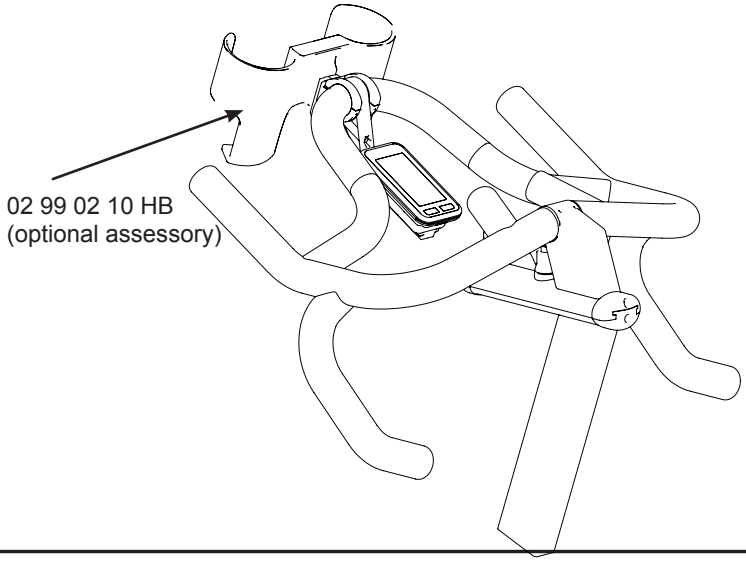
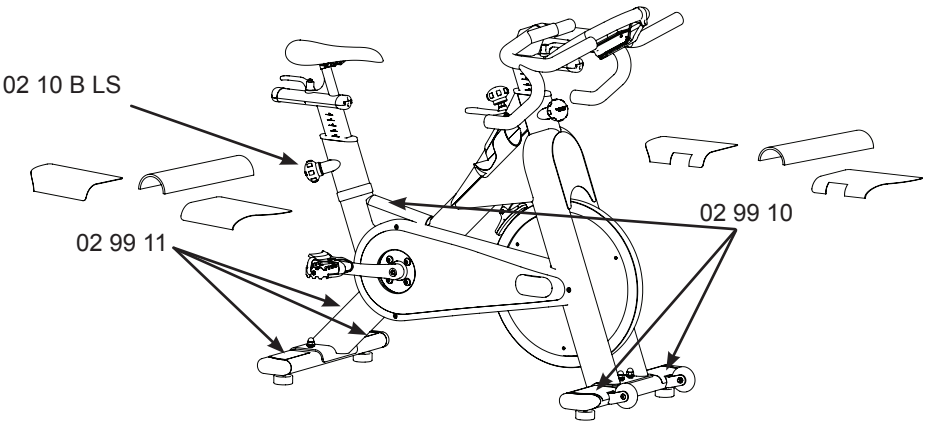
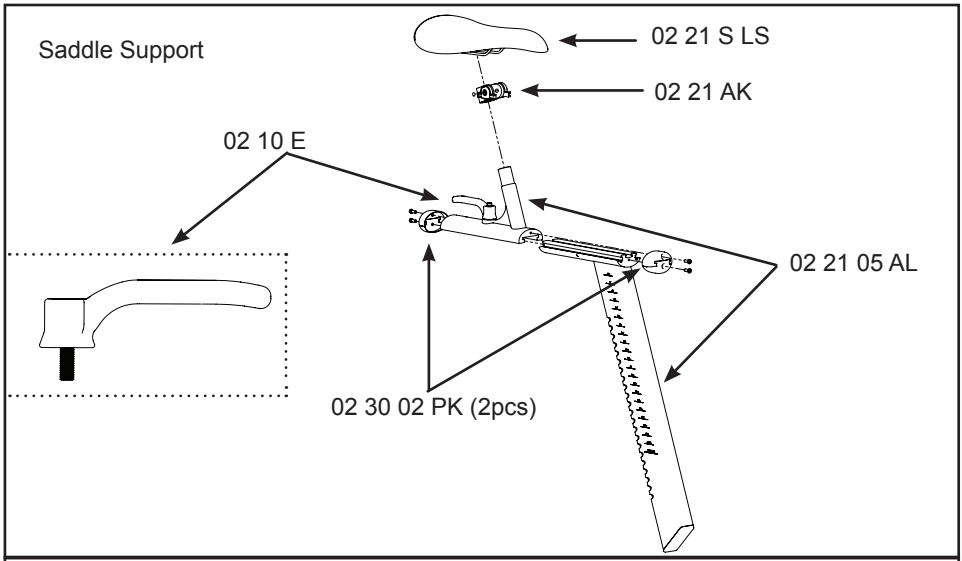
SPARE PARTS

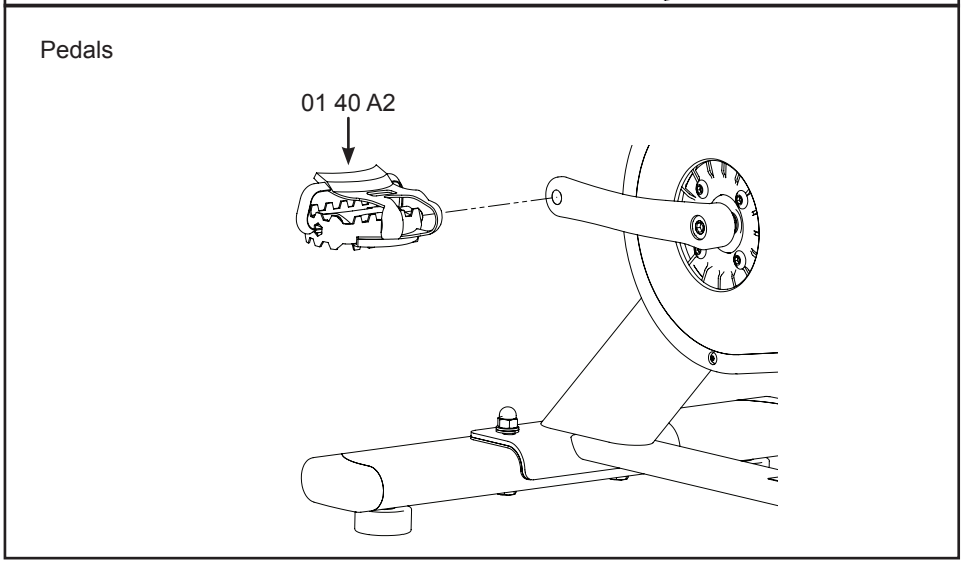


Protection Plates



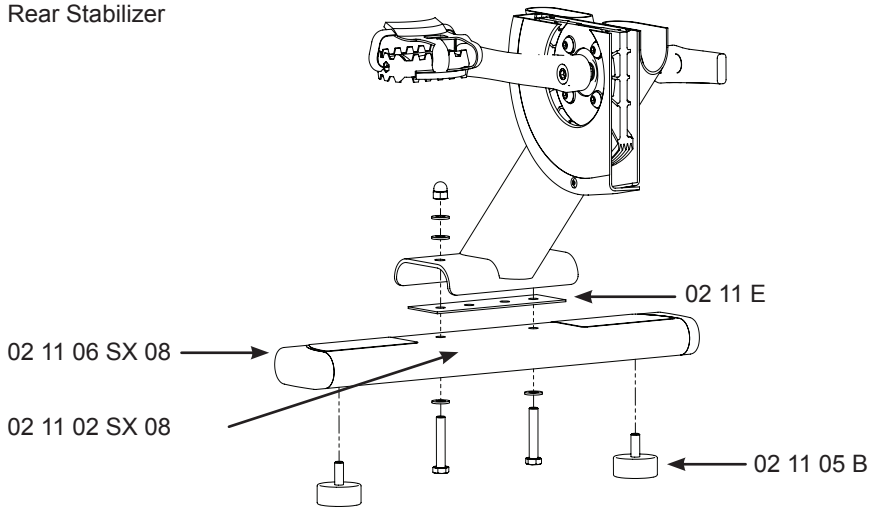
SPARE PARTS


Saddle Support
02 21 S LS
02 21 AK
02 10 E
02 21 05 AL
02 30 02 PK (2pcs)

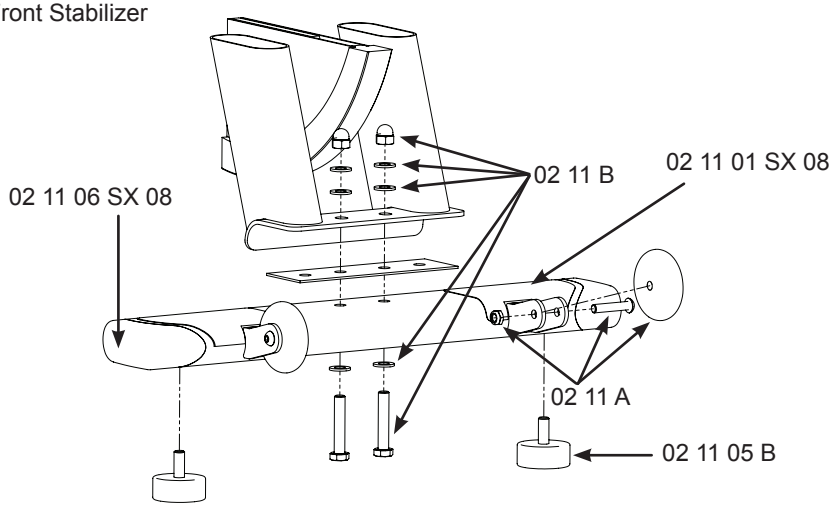

Pedals
01 40 A2

SPARE PARTS

Rear Stabilizer



Front Stabilizer



SPARE PARTS LIST

Drive Gear Parts

02 40 BE	Belt
02 40 CrMo R SX 08	Right crank
02 40 CrMo L SX 08	Left crank
02 40 C S 08	Allen bolt M8x20
02 40 C MD20 08	BB assembly MD20
02 40 C 2 RS	Ball bearing SKF 6004Z

Brake Parts

02 50 A S LS	Brake adjustment knob
02 50 02	adjustment ball
02 50 01	Emergency brake handle
02 50 06 SX	Bell crank
02 50 04	Brake pad
02 50 03 S 10	Upper brake rod + adj.drum
02 50 05 SX	Lower brake rod

Pedals

01 40 A 2	Combi-Pedals (pair)
01 40 A 3	toe strap (pair)

Flywheel

02 40 H	Flywheel axle
02 40 02	Chain tensioner
02 40 H L	Flywheel bearing 6001Z
02 40 08 S LS 10	LS-S-series flywheel

Saddle Support

02 21 S LS	Saddle
02 21 AK	Saddle mounting bracket
02 21 05 AL	Horizontal & vertical saddle support
02 10 E	Lock handle
02 10 B LS	Pop pin adj. knob

Chain Guard

02 42 02 S LS 10	Outer chain guard
02 42 04	Plastic cover
02 42 01 SX 08	Inner chain guard
02 42 03 S LS10	Left cover
02 99 03	Allen bolt M4x15

Frame

2010 RA S	S-Series frame
02 10 A	Vertical insert sleeve
02 20 04	Rubber stop handleb.tube
02 10 B LS	Pop pin adj. knob
02 99 02 10 FR	Bottle Holder (sweat guard)
02 99 02 10 HB	Bottle Holder (handlebar)
02 99 50 S LS 10	decal set LS-S-series complete

Front Stabilizer

02 11 01 SX 08	Front stabilizer
02 11 B	Stabilizer mounting kit
02 99 10	Front protection plates (3pc.)
02 11 A	Transport wheel
02 11 06 SX 08	Plastic end cover

Rear Stabilizer

02 11 E	PVC gasket
02 11 02 SX 08	Rear stabilizer
02 11 06 SX 08	Plastic end cover
02 11 05 B	Rubber foot stand
02 99 11	Rear protection plates (3pc.)

Handlebar

02 30 02 LX7	racing handlebar „LX7“
02 10 E	Lock handle
02 10 B LS	Pop pin adj. knob

ESP ENG

For components and parts relating to the commercial onboard computer please refer to page 9.

WARRANTY TERMS

Matrix Fitness Systems Corp. warrants that all new equipment will be free of manufacturing defects in workmanship and materials, becoming effective on the date of original installation. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. **Warranty may vary by region or country.**

Defects caused by inappropriate use or handling of the product may cause denegation of the manufacturer warrenty.

LIMITED WARRANTY S-SERIES LIVESTRONG S-Series Indoor Cycle

S-Series LIVESTRONG Indoor Cycle

10 Year warranty:	Frame
3 Year warranty:	Handlebar and saddle assembly, brake system (excluding brake pad), lever handles and knobs, cranks, belt drive system, bottom bracket assembly, flywheel and hub assembly, powder coating.
2 Year warranty:	Pedals, insert sleeves for handlebar and saddle post, levelling feet.
1 Year warranty:	Saddle

The following wear items are excluded from warranty:
Pedal straps, pedal binding system, water bottle holder.

Wireless Commercial Computer:

1 Year warranty : Cadence transmitter and computer console

Batteries are excluded from any warranty.

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